

North Tempe



FALL 2013
Sept-Nov

Multi-Generational Center

FACILITY MEMBERSHIPS

A Membership is **REQUIRED** to use the **FITNESS AREA** and **EDUCATION ROOM**. Members must be 16 years and older to use the Fitness Area and 6 years and older to use the Education Room. A parent/legal guardian **MUST** fill out a membership form at the front desk with a

valid state issued photo identification card. The Education room also **REQUIRES** members to have a valid Tempe Public Library card in addition to a facility membership. Library cards can be obtained at the Front desk or at the Tempe Public Library.

FACILITY DIRECTORY

City of Tempe—480-858-6500

Boys & Girls Club—480-858-6502

Laird Elementary School—480-941-2440

Maricopa County Head Start—480-858-6536

TCAA Senior Center—480-858-6510

Tempe YMCA—480-858-6524

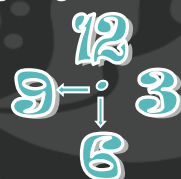
Chicanos Por La Causa—480-858-6543

Holidays - Closed

Labor Day—September 2

Veteran's Day—November 11

Thanksgiving—Nov 28 & 29



FACILITY HOURS

September—November

FITNESS AREA

Mon-Thur	7:30am-9pm
Friday	7:30am-8pm
Saturday	10am-5pm

EDUCATION ROOM

Mon-Thur	11am-9pm
Friday	11am-8pm
Saturday	10am-5pm

BOYS & GIRLS CLUB

Mon-Fri	3-7 pm
Saturday	10am-5pm

TCAA SENIOR CENTER

Mon-Fri	8am-3pm
Sat & Sun	CLOSED

GYMNASIUM

Call 480-858-6500 for program information

North Tempe Family Events

Bring your family, friends, or neighbors to these fun-filled events. Prizes and a snack concession stand will be available.

Admission is free! Phone registration is required for each family.

Family Bingo Nights

6:00 - 7:30 pm

August 30th

October 25th



1555 N. Bridalwreath St., Tempe, AZ 85281 Phone: 480-858-6500 Fax: 480-858-6545

BOYS & GIRLS CLUB

PAGE 2

FALL BREAK

CAMP is offered by The Boys & Girls Clubs of the East Valley and is open to boys & girls ages 5-14 (5 year olds MUST be enrolled in Kindergarten in the 2013-2014 school year). Camp includes field trips and five areas of fun! Lunch not provided. \$25 annual Boys & Girls Club membership is required to register for the Fall break.

DAYS: October 7-11

HOURS: Mon. – Fri. 7:30am-6pm

FEE: \$80 per week or \$20 per day per child
(financial assistance available)

Call Russell Baker at 480-858-6502 for registration details.

or email at northtempe@clubzona.org

Visit us on the web: www.clubzona.org or

www.tempe.gov/northtempe

Monday 8/5/13 will be open day 7:30 to 6pm

Tuesday 8/6/13—First day of school



The Boys & Girls Club is a non-profit youth development agency serving ALL Boys & Girls between the ages of 5-18 years of age. Program areas include Game Room activities, Arts & Crafts, Homework Help, Computers, Performing Arts, Teen Center and daily snacks! We provide quality programs, guided by trained full time professionals in the areas of Character & Leadership, Education & Career, Health & Life Skills, the Arts, Sports & Fitness & Recreation, along with many other specialized programs. All Club members must have a valid membership valid from 6/1/13 thru 5/31/14. Annual membership is ONLY \$25 so sign up TODAY! For more information please contact us at :

480-858-6502 or e-mail us at
northtempe@clubzona.org.

Please visit our Facebook page at:

<https://www.facebook.com/northtempeclub>.

Boys & Girls after school programs



2013 Flag Football at North Tempe

Register NOW!

Registration will close when league is FULL!

The Flag football league is instructional and is open to ALL boys & girls of ALL skill levels. Ages: 5-14 years old. League Emphasizes: Team Work, Sportsmanship, Motor Skills Development, Healthy Lifestyles, Game Fundamentals, Physical Fitness & FUN!

Early Registration:	July 29—August 16	\$35.00
Regular Registration:	August 19—September 13	\$40.00
Late Registration:	September 16—September 27	\$45.00

Practices start mid August. Games start in September.

Financial assistance, Payment Plans and Discounts Available! Call 480-858-6502 for registration details or email at northtempe@clubzone.org. Visit us on the web: www.clubzona.org, www.Facebook.com/northtempeclub & www.tempe.gov/northtempe

Upcoming Events

WELCOME AMERICORPS TO THE NORTH TEMPE SENIOR CENTER

Americorps Wellness Program: through the Area Agency on Aging Americorps offers a "Wellness Program" directly related to helping seniors stay in shape, have fun and make new friends with ongoing fitness classes and various educational talks. In coming weeks, we will be conducting a Nutrition Workshop and holding a health talk on Osteoporosis.

Come on into the Senior Center and check us out!

Chair Yoga

Tuesdays—9:30-10:30am

Chair Zumba

Thursdays—9:30-10:30am

Classes are held in the Joshua/Juniper Room

Weekly Activities

Open lounge-cards, billiards, TV,

Library

Monday- Friday

8:00am-3:00pm

Silver Sneakers

Mon-Wed-Fri

9:30am-10:30am

Congregate Lunch Program

Tues-Wed-Thurs

11:45am

Bingo

Loteria for prizes

Tuesday

12:30pm



SEPTEMBER - WILDLIFE WORLD ZOO

DATE: WEDNESDAY
SEPTEMBER 24TH
TIME: 11:00 AM

The Wildlife World Zoo has Arizona's largest collection of exotic animals with over 6000 individual animals representing more than 600 exotic and endangered species. Educators from the zoo will be at the North Tempe Senior Center to provide a 30-40 minute presentation featuring 5 or 6 zoo animals. It will be an up close and personal experience you will not want to miss.

All events and the congregare lunch that follows require reservations. Please join us at NTSC by calling 480-858-6512 to make your reservations or for more information about upcoming events.

OCTOBER - FALL CARNIVAL

DATE: WEDNESDAY
OCTOBER 30
TIME: 11:00 AM

Think falling leaves, crisp apples and fields of pumpkins and it is time once again for the NTSC Fall Carnival. Do not miss the harvest of games-pumpkin bowling, balloon darts and more. Win candy prizes as you play and don't forget the carnival snacks.

NOVEMBER—THANKSGIVING MEAL AND OBSERVANCE

DATE: TBA
TIME: TBA

What happened when the turkey got into a fight? *He got the stuffing knocked out of him.*

While it is true that Thanksgiving only comes but once a year, we should actually celebrate thanks each and every day. Make a reservation to have a wonderful meal and share in the spirit of gratitude and a few laughs around the Thanksgiving table.

Volunteers needed for Home Delivery Meals Program

Contact-Kathy Flores

480-858-6510

or stop by the
Senior Center

Office Hours:

Mon-Fri 8am-3pm

CHICANOS POR LA CAUSA

CPLC Parenting Arizona promotes strong and thriving families through parent education, community collaboration, and multicultural family support. CPLC Parenting Arizona has been the states authority on parent education since 1977. Parent education classes may be offered here at North Tempe Center. The classes are taught with evidence based materials that have been proven effective. All caregivers, including parents, grandparents, teens, extended family members, and adoptive and foster parents are invited to attend. The parent education classes can be life changing for the members as they learn positive and collaborative methods to best deal with their children. CPLC Parenting Arizona programs provide relevant services designed to meet the needs of families.

Julie

Julie P. Rosen, MS, LPC
Executive Director
CPLC Parenting Arizona
6741 N. 7th Street
Phoenix, AZ 85014
602-881-1990



Chicanos Por La Causa, Inc.

A PROMISE OF OPPORTUNITY

Parent Education Classes are available to all parents & caregivers of children 0-18 years of age in a community based environment. These **FREE** classes promote healthy relationships between all family members. These **FREE** classes are provided throughout Maricopa County.

Our Parenting Classes provide:

- Positive Parenting Skills
- Child Development Education
- School Readiness
- Early Literacy
- Safety information
- Parent/Child Interaction
- Community Resources

For more information visit:
www.parentingaz.org

Registering

for school year
2013-2014

3-5 years

M-W—August—May
8:00am-1:00pm

Call 480-464-9669 ext. 200
For more information

School Starts
August 26, 2013

FALL 2013 FACILITY

MARICOPA COUNTY HEAD START

Give your Child a Head Start

Services provided to families include: Education to parents and children, meals for children, Support for helping your child be healthy and safe, Links to community resources, and much more! All Services provided free of charge

Documents needed:

- Child's birth certificate or certificate of live birth
- Parent/guardian proof of income for past 52 weeks (2010 W2 or 1040 tax form & current payroll stub)
- Proof of Maricopa County address
- Childs Immunization

Eligibility:

- Must live in east Maricopa County



NORTH TEMPE FITNESS CENTER

FITNESS EQUIPMENT

- Open to ages 16 and older.
- 2 treadmills
- 3 Elliptical cross-trainers
- 1 recumbent bike, 1 upright bike
- 5 multi-exercise strength training machines
- 1 dumbbell set
- 4 televisions with cable access
- Towels provided for use while in the center
- Wireless receivers for TV viewing or radio listening with headphones



Hours of Operation:

Mon.-Thu. 7:30am-9pm
Friday 7:30am-8pm
Saturday 10am-5pm

Fitness Membership Fees:

1 year pass \$25.00

Fitness memberships will be valid for one year after date of purchase

20 visit punch pass \$10.00

Punch pass only valid for 6 months from date of purchase

1 day pass \$1.00

Tempe Public Library Outreach Resource Center

The City of Tempe offers this innovative service at two locations, the Escalante Community Center and North Tempe Multigenerational Center. Use computers with the latest software or surf the net to research topics using the same programs offered at the Tempe Public Library.

North Tempe Hours: - Monday -Thursday, 11 a.m.-9 p.m.
Friday, 11 a.m.-8 p.m. Saturday, 10 a.m.-5p.m.

Computers are available for patrons age 6 years and older only. Printing cost .25 cents per page and must be paid prior to printing. Tempe Public Library Internet and User Conduct policies and procedures are in effect at all times. A valid Tempe Public Library card is **REQUIRED** for use of all computers.

The gush of wind blew my hair,
Straight up to the unforgiving air.
Fall was peaking around the trees,
Leaves would pile high, soon up to my knees.
Hello orange, yellow, and red,
goodbye green,
Bye-bye June, July, and August,
hello Halloween.
The warmth is gone and won.



Activities for Tots 0-5 years



New! Art Party

Parents! Help your tot create a make it and take it art project and play age-appropriate games in this 45 minute class! Parents are free! **Fee: \$10.**

35803 2-5 yrs T 9/3-9/24 9:15-10 a.m.

35804 2-5 yrs T 9/3-9/24 10:15-11 a.m.

New! Crafty Creations for Kids

We're supplying some neat make it and take it crafts for you and your toddler! Up to three crafts per class, with new crafts each week! Parents are free!

Fee: \$10.

35809 2-5 yrs Th 9/5-9/26 9:15-10 a.m.

35810 2-5 yrs Th 9/5-9/26 10:15-11 a.m.

New! Under the Sea

Parents! Help your toddlers learn a new letter each week and make a special craft project as they learn about amazing water creatures and sea life! Parents are free! **Fee: \$10.**

35811 2-5 yrs T 10/22-11/12 9:15-10 a.m.

35827 2-5 yrs T 10/22-11/12 10:15-11 a.m.

Parent Toddler Music Time

Come sing, dance and play with your child in this fun academically-linked music program. You and your child will learn new songs, rhymes, poems, and finger plays and play child-friendly instruments. Maximum of two children per adult please. (No charge for adults.) No classes 10/7-10/11 or 11/25-11/29.

Fee: \$10 per child.

35877 1-5 yrs W 9/4-10/16 9-9:45 a.m.

35878 1-5 yrs W 9/4-10/16 10-10:45 a.m.

36511 1-5 yrs W 10/30-12/11 9-9:45 a.m.

36512 1-5 yrs W 10/30-12/11 10-10:45 a.m.

More! Crafty Creations for Kids

We're supplying some neat make it and take it crafts for you and your toddler! Up to three crafts per class, with new crafts each week! Parents are free!

Fee: \$10.

36509 2-5 yrs Th 10/24-11/14 9:15-10 a.m.

36510 2-5 yrs Th 10/17-10/31 10:15-11 a.m.

Nurturing Parenting

This program is recognized for enhancing self-worth, empathy, discipline & empowerment. 10 2-hour sessions offer discussions, video clips and activities to help parents learn & apply this information. Each week a make-and-take projects and incentives will be given for participants. Childcare is provided. **Fee: None**

36288 infant-4 yrs Th 9/19-11/21 9:30-11:30 a.m.

New! Storytime for the Senses

Parents and children will enjoy books, music, movement activities, and crafts that support sensory learning and promote early literacy skills. Program geared toward ages 3-5, but siblings are welcome to attend. **Fee: None.**

36315 3-5yrs Th 10/17-10/31 10-11 a.m.

Thinking Toddler

Expose your child to experiences by building and creating projects with different skill requirements & textures. Developmental appropriate activities will be introduces that promote healthy and positive brain development using the A, B, C's of learning (Attention, Bonding and Communication). Dress appropriately we get messy. **Fee: None**

36289 3-4 yrs Th 8/29-9/12 10-11 a.m.

Fall Holiday Fun!

Each month presents new crafts, treats and learning about the holiday just for you and your 2-5 year old.

Fee: \$3 each class. Parents are free!

36691 2-5 yrs Th 10/17 10-11 a.m.

36692 2-5 yrs Th 11/21 10-11 a.m.

36693 2-5 yrs Th 12/19 10-11 a.m.



Activities for Youth/Teens

Karate Youth: Lim Kenpo

Hawaii Kenpo is a fun, unique, effective and results-oriented martial art for all family members. The goal of this practice is to emphasize the importance of family values through Karate. Participants will learn self-defense, respect, manners, increased self-confidence and focus, and will concentrate on overall health including weight management and stress relief. *No class 11/11 or 11/25.

35609 4-12 yrs M/T 9/3-9/30 5:30-6:30p.m. **\$50**
 35610 4-12 yrs M/T 10/1-10/29 5:30-6:30p.m. **\$50**
 35611 4-12 yrs M/T 11/4-11/26* 5:30-6:30p.m. **\$50**
 35625 4-12 yrs M/T 12/2-12/10 5:30-6:30p.m. **\$25**

Martial Arts Karate: Lim Kenpo

Strengthen the importance of family values in this results oriented karate class designed for the whole family. Students will learn self-defense, respect and manners; increase self-confidence and focus. *No class 11/11 or 11/25

35618 13 yrs+ M/T 9/3-9/30 6:30-7:30 p.m. **\$50**
35620 13 yrs+ M/T 10/1-10/29 6:30-7:30 p.m. **\$50**
35621 13 yrs+ M/T 11/4-11/26* 6:30-7:30 p.m. **\$50**
35626 13 yrs+ M/T 12/2-12/10 6:30-7:30 p.m. **\$25**

Martial Arts: Karate

Join this Kenpo Karate martial arts class for beginning and intermediate students. Classes begin with a light warm-up and stretch, followed by basic kick-punch-block drills. Self-defense techniques are taught, as well as forms (katas) and light sparring (optional). Comfortable clothing is recommended. *No class 10/31 or 11/28. **Fee \$63**

35647 13 yrs+ Th 9/5-12/12* 7:05-8:30 p.m.

NEW! Yoga: Tone and Core

Emphasis will be on strengthening the body from the deep center by using a variety of yoga postures as a guide. Target and challenge the muscles of the back, abdominals, hips and glutes. Participants must bring own yoga mat.

*No class 11/27. **Fee \$59.**

35762 16 yrs+ W 9/11-12/4* 7:30-8:20 p.m.

NEW! Exercise; Osteo Movement

For those who are prone to osteoporosis/osteopenia and/or have a pre-existing condition. Learn to perform various exercises to prevent further bone loss. **Fee: \$59.**

35711 16 yrs+ T 9/10-11/26 6:30-7:30 p.m.

Yoga; Therapeutic Yoga

Learn to move with grace and ease while using basic breathing exercises and simple yoga poses to help relax your head, neck, shoulders and back. Participants must bring own yoga mat. *No class 11/11 or 11/25.

No class 11/27. **Fee: \$59.

35712 16 yrs+ W 9/11-12/4* *6:15-7:15 p.m.

Genealogy

An introductory class, covering the basics of organizing and researching genealogy. The library's resources will be covered as well as free databases and research websites.

There is generally time in this class to provide some individual attention and guidance. **Fee: None.**

36310 18 yrs+ Th 10/10 9:30-10:30 a.m.

New! Learn Computer Coding, Program & Build Apps For Free

We will cover the educational resources available on the Internet. Learning these skills will open up opportunities for high paying jobs in a growing sector of the economy. **Fee: None.**

36312 12-17 yrs Th 9/26 4-5 p.m.

New! Library Resources for the Student

Learn how to use the library's databases and other resources to help you reach your educational goals.

Fee: None.

36314 12-17 yrs Th 9/26 5-6 p.m.

New! Crafty Tweens: Pearled Bead Art

Calling all crafty tweens ages 10-14. Create works of art using fusible Pearled Beads. Design your own key chains, coasters, magnets, jewelry, and more. All materials provided. **Fee: None**

36320 10-14 yrs Th 9/5-9/26 3:30-5:30 p.m.

New! Crafty Tweens: Autumn Crafts and Halloween Fun

Calling all crafty tweens ages 10-14. Sew your own felt monster, design a critter pencil topper, and create spooky treats to eat. All materials provided. **Fee: None.**

36322 10-14 yrs Th 10/3-10/24 3:30-5:30 p.m.

New! Crafty Tweens: Plastic Canvas Creations

Calling all crafty tweens ages 10-14. Get inventive with plastic canvas stitching. Make your own decorative book-mark, coaster set, and candy critter. All materials provided. No previous art or crafting experience required.

Fee: None.

36324 10-14 yrs M 11/4-11/25 3:30-5:30 p.m.

Activities for Adults

New! Must Have Apps for Seniors

Software Applications known as “Apps”. An eReaders or tablet can be a great way for seniors to connect to the digital world. Apps can create a common ground between seniors, their children & grandchildren. We will look at some top apps & identify the interests of the class to explore apps that focus on these interests. **Fee: None.**

36300 50 yrs+ W 10/2 9:30-11 a.m.

Crazy Cell Phones

Figuring out how a new cell phone works can be frustrating! Hopefully this program can help. We will cover a few of the basics in 15 minutes individual sessions. **Fee: None**

36305 50 yrs+ F 9/20 2-3 p.m.

New! Quick Clicks: Computers For Active Adults

Designed for the active adult, these computer classes will cover popular topics in an hour. Topics include: setting up & organizing email, internet browsing, and internet security. Note: Some computer experience/skill is required. **Fee: None.**

36329 18 yrs+ Th 9/12-9/26 9:30-10:30 a.m.

New! Explore E-readers and Tablet

Discover the basics of choosing an e-reader or tablet and how to download free e-materials from the Tempe Public Library. An assortment of devices will be available to practice with during the class. If you already own an e-reader or tablet, bring it along with your user manual and charging/connector cables.

Fee: None

36327 18 yrs+ T 10/15-10/22 5-6 p.m.

Register on the Web!
www.tempe.gov/brochure

REGISTRATION

Begins

Tempe Residents

Monday, August 12

Classes begin

Tuesday, September 3

Non-Residents

Monday, August 19

Fall Brochure available

August 8

New! Senior Techs: Computer Basics

Become more comfortable and gain confidence using the computer. These computer classes are geared towards seniors age 50+. Topics covered will include: meet the computer, Microsoft Word, exploring google, and going wireless. Note: Some computer experience/skill is required. **Fee: None**

36411 50 yrs+ F 9/6-9/27 9:30-11 a.m.

New! Senior Techs: Computer Tips & Tricks

Discover simple tips and tricks to make using the computer more enjoyable. These computer classes are geared towards seniors age 50+. Topics covered will include: cut & paste, emailing files/pictures, using a thumb drive, and going wireless. Note: Some basic computer experience/skill is required.

Fee: None.

36413 50 yrs+ F 10/4-10/25 9:30-11 a.m.

New! Senior Techs: Computer Fun

Want to enrich your computer experience? Find out how in these classes. We will explore and evaluate popular websites, blogs, videos, online shopping, and games. These computer classes are geared towards seniors age 50+. Note: Some basic computer experience/skill is required. **Fee: None.**

36414 50 yrs+ F 11/1-11/22 9:30-11 a.m.

New! Senior Techs: Shopping for a New Computer

Looking to buy a new computer? Find out the latest technical features, hardware, and software available on the market. This is your chance to ask questions and become a more informed technology consumer. Class is geared towards seniors age 50+. Note: Some basic computer experience/skill is required.

Fee: None.

36415 50 yrs+ F 12/6-12/13 9:30-11 a.m.

Check Out a Book

Seniors can visit the Escalante, North Tempe or Westside Community Center Senior Centers and check out a book from the Tempe Public Library Outreach Collection. This collection is always changing. **Fee: None.**

No Code 18 yrs+ M-F

11am-9pm